LIFESTYLES

HAWAII MARINE B SECTION AUGUST 17, 2007

Crewmemebers Jeremy Gempler, far left, Sara Valentine, Michael Kellick (chief mate), Emily Gustavsen, and Sam Sikkema mend a sail while waiting for the day's passengers to arrive. The crew does almost all the maintenance on the boat, unless it is something



Lynx's final launch

Privateer takes passengers through history

Story and Photos by Pfc. Brian A. Marion

Combat Correspondent

The Lynx, a replica of an 1812 privateer, sailed her last sunset from the Base Marina, Aug. 9, before departing to Oregon.

Privateers were U.S. government-funded pirate ships hired to raid British shipping lines, acting as a young U. S. Navy.

The Lynx, a square topsail schooner, was a sleek, fast ship; the jet fighter of its time according to Micheal Kellick, Lynx's chief mate. She could reach a top speed of nearly 12 knots, making it one of the fastest of its era.

"The War of 1812 was kinda like America's last war for independence as she became a world power instead of just a fledgling nation," said Christopher Trandell, Lynx's captain. "The Lynx is a representative of the type of ships hired during that period. She is slick, fast and could carry cargo quickly, which made here highly suitable for raiding British lines."

As the Lynx and fellow ships raided British supply lines on their way to Canada, prices in Great Britain rose, resulting in a lack of resources for the British war effort.

However, the British captured and disassembled the original Lynx and four other similar ships, rebuilding them for British use. The ship then went to Canada and was lost.

ALYNXA

None of the Lynx's original material was recovered from her final resting place somewhere in Canada, but the Lynx of today is almost an exact

"No one really knows what happened to the original Lynx," Trandell said. "The only way they rebuilt her was when the builders went to England and found her schematics over there."

Today, the rebuilt Lynx is an educational tool instead of a sea terror.

"We mainly use her as an educational experience for small groups," Kellick said. "We take groups of around 40 people out to sea for around three hours and teach them a little bit about the War of 1812. We also split up the groups of kids while they are on the boat and give them a chance to help us raise the sails while aboard. Sure, sometimes it can get pretty hectic with the children, but they're having fun and they're learning."

The Base Marina was the seventh, and last, Hawaiian Islands port the Lynx visited. The crew was grateful to dock here.

"It was such a pleasure, and we are extremely grateful for the Marine Corps to allow us to dock here," Kellick said. "It was a luxury having a dock this big, and since most of the other ports have ships that are twice as small as the Lynx, their docks are smaller. It takes more maneuverability to be able to dock there."

The chief mate and captain were grateful for the warm welcome they received here.

"I'm glad we were able to dock here instead of somewhere else," Trandell said. "The people have been very grateful and helpful. It seems like everywhere we turned, we were being asked, 'Do you need anything?' 'Is there anything we can do?' 'Is there any way we can help?' The hospitality here has truly been amazing."



The Lynx awaits her crew and passengers for the evening's excursion at the marina here. The Lynx just about pays for herself with the three hour educational experiences she does on a regular basis.

B-2 • August 17, 2007

Free rides for military and civilians

Story and Photo by Pfc. Brian A. Marion

Combat Correspondent

Most vehicle owners know how expensive regular maintenance, vehicle insurance and safety inspections can be. This doesn't include those nasty emergencies that dig deep into the wallet.

While most Marines probably own a vehicle, there are the occasional few who bum a ride to work from fellow Marines. Now they don't have to. If the Marine and three of his friends want to share a vehicle at no cost to them, all they have to do is apply to a program.

Military personnel, Department of Defense employees and reservists on active duty are eligible for the Transportation Incentive Program under a DoD letter from Oct. 13, 2000.

The program is intended to reduce Federal employees' contribution to traffic congestion and air pollution, as well as expand their commuting alternatives.

Under the TIP, personnel are entitled up to \$115 per person per month to pay for their vehicle invoice of either \$55 or \$70 a month; the remaining amount goes toward the cost of

"This program is more for the peoples' benefit," said Charles McTee, mass transit program coordinator. "Instead of having to find a driver, they can get either a van from VanPool Hawaii or a ride on TheBus toward their destination."

While there is a minimum of four people per rental van, TheBus does not have a minimum requirement for its services.

"You have to have at least four people to be able to lease out a van from VanPool," McTee said. "You fill out an application you get from me for authorization for the program. After about 30 days, you will get a reply and be able to go downtown to see the ladies at VanPool, sign for the contract and receive the keys for a van. Now you and your friends will be able to drive the van since are all authorized."

Each travel voucher will be sent to McTee at the beginning of each month, and the participants of the program will have to sign for

Although each person gets a set amount, the cost in savings is more than worth it, according

"As far as just going from say the barracks to



Erwin Cablay, far left, Dennis Kanetake, Nadine Esplana and Charles McTee are four out of the six people from Marine Corps Base Hawaii authorized to drive one the VanPool sports utility vehicles located behind them. Not present are Daniel Gonzales and Megan Nelson.

your work place, the savings would be only a few cents, but you also save in the long run since VanPool pays for the insurance, safety inspections and maintenance cost of their vehicles," McTee said. "It is also possible that people living at the barracks will have a vehicle seven days a week to do what they want with it."

Master Sgt. Arthur Yri, quality assurance chief, has been using the program for about two and a half months, and he can already see

"I have saved around \$120 a month for the past couple of months," Yri said. "I would recommend the vans to anyone who needs a ride because of the cost savings and because it is convenient."

McTee also said how it could benefit people in the barracks if they're called

upon to be a designated driver.

"You wouldn't have to worry about a sleepdeprived 'dd' this way," he said. "They would now have a vehicle in which to pick up their buddies instead of having to call TheCab to pick them up."

For more information, or to pick up an application for the TIP, contact McTee at 257-

Routine maintenance saves cash, trouble

Story and Photo by Pfc. Achilles Tsantarliotis

Combat Correspondent

Americans love their automobiles; they're crucial in our daily lives. However, our car conversations usually include what's wrong with them and how much it'll cost to fix, said J Chung, an Auto Hobby Shop mechanic.

Chung said cars give back what's put into them. He said you should care for the small car problems before they turn big, alleviating your wallet's weight loss.

"Preventive maintenance," said Sgt. Joseph Collier, motor transport mechanic, Combat Service Support Group 3. "Don't be timid, get your hands dirty and look through the car. Look for weird sounds or problems that could grow. The Auto Hobby Shop on base has a great environment with all the tools you could need. The workers here also aren't afraid to get their hands dirty with you and help out if you don't know some-

Collier, who's no stranger to automotive repair, worked on his Jeep with a coworker to replace the ball bearings. It cost him \$300 and a few labor hours instead of \$1,000 for a mechanic to do it for him.

"Firestone told me an estimate of about \$1,000 and I knew I could come here and do it for less than half as much." Collier said. "I came down here and started working on my Jeep, and I didn't know how to use one of the clamps and the staff helped out. I saved a lot."

The Auto Hobby Shop here,

near the Base Thrift Store, provides a welcoming environment with an abundance of tools and a staff that gladly helps with proper car maintenance.

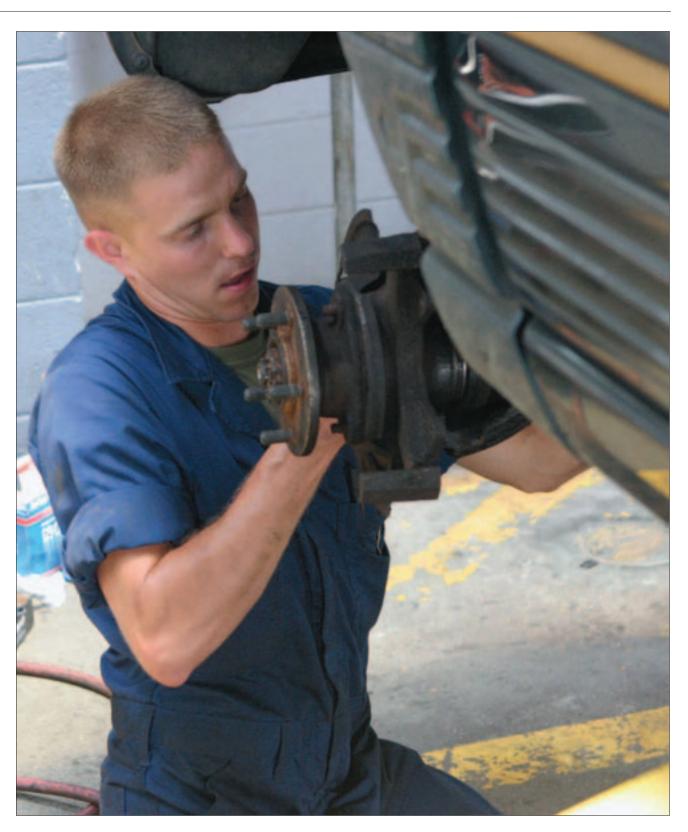
"It's a do-it-vourself shop Chung said. "People can come down here and maintain their car, doing anything from engine rebuilds to oil change. It's a smart thing to do regular inspections and to check oil levels while you're filling your tank. It'll pay for itself. You use your car a lot and a few preventive measures can help keep your car in a good operative state."

Being a car owner in Hawaii has obvious advantages and a few pesky disadvantages, Collier said. He said due to the location, especially around Kaneohe Bay, a lot of salt is in the air that can lead to cosmetic damage.

"You gotta at least rinse it off once a week," Chung said. "Depending on the wind condition it'll bring a lot of salt onto your car and just start eating away. People will go on deployment and some will leave their car in a carport. When they come back, you can tell what side was open to the

Simple things like tire pressure, oil levels, cleaning the body and regular inspections can prolong your car life, whether it's just an island beater or a car from the mainland. A few, quick preventive measures can insure you get from your car what you paid for without paying pricey mechanic bills.

According to Chung, there's no excuse not to.



Sergeant Joseph Collier with Combat Service Support Group 3, replaces his jeep's ball bearings Wednesday at the base Auto

MOVIE TIM

Prices: Friday and Saturday 7:15 p.m., shows are \$3 for adults and \$1.50 for children. Sunday matinee is shown at 2 p.m. Shows are \$2 for adults and \$1 for children. Evening showings on Sunday and Wednesday are at 6:30 p.m. and late shows are shown Friday and Saturday at 9:45 p.m. Cost is \$2 for adults and \$1.50 for children.

For ticket pricing, the Base Theater Box Office defines an adult as a patron 12 and older and defines a child as a patron from 6 to 11. Children 5 and younger are admitted free of charge. Parents must purchase tickets for R-rated movies in person at the box office for children 16 and younger. Patrons must present their military identification card when purchasing tickets. Call 254-7642 for recorded information.

Sneak Preview Policy: One hour and 45 minutes prior to the movie, tickets will be issued to first priority patrons wait-

ing in line, then second and third priority patrons. In an effort to prevent piracy, the following security measures will be enforced on base for sneak preview screenings: bag

recorded information, call the Base Theater at 254-7642.

checks, confiscation of cameras or cell phones with picture taking capability (items will be returned after screening), magnetometer wanding, audience scanning with night vision goggles during screening. The Base Theater and film companies thank you in advance for your cooperation and hope you will enjoy the show. For License to Wed (PG-13) A Mighty Heart (R) Transformers (PG-13) Waitress (PG-13) Ratatouille (G) License to Wed (PG-13) Live Free or Die Hard (PG-13) Ratatouille (G) Transformers (PG-13)

Today at 7:15 p.m. Today at 9:45 p.m. Saturday at 7:15 p.m. Saturday at 10:15 p.m. Sunday at 2 p.m. Sunday at 6:30 p.m. Wednesday at 6:30 p.m. Friday at 7:15 p.m. Friday at 9:45 p.m.

Movie review: 'Insomnia'



Cpl. Chadwick deBree

Combat Correspondent

Editor's note: Hawaii Marine's combat correspondents will provide readers with in-depth reviews and unbiased ratings of a film currently in theaters or one of the

many classics of yesterday.

The rating system requires some explanation before you get started.

If the film being reviewed is currently available for rent or purchase it will be assigned a certain number of "microwaves" on a scale of one to five to rate its "reheat factor."

If the film being reviewed is in theaters, it will be assigned a certain number of service stripes on a scale from one

In other words, the more microwaves or service stripes the film receives, the better and more entertaining it is to



Rating: 4 out of 5 microwaves

Insomnia is a condition that prevents sleep. In the movie "Insomnia," directed by Christopher Nolan (better known for directing "Memento" and "Batman Begins"),

viewers catch a glimpse of the ill effects the condition has on an individual's psyche.

Detective Will Domer, played by Al Pacino, is sent with his partner to Alaska to help local police solve a murder. In the process, his partner is killed and Domer can't help but feel guilty about his death. Domer can't sleep due to the 24hour daylight that occurs in Alaska's summer time and his guilty conscience for acts he has done while working with the Los Angeles Police Department.

He receives help in the investigation from local police officer Ellie Burr, played by Hilary Swank. New clues arise in the case pointing to a local author, Walter Finch, played by Robin Williams, making the case more complicated for

Though this isn't one of the greatest movies of all time, it's still

Pacino gives a great performance as an LAPD detective who keeps his cool in front of his Alaskan peers.



Pacino perfectly depicted my image of an LAPD detective who stays focused and knows how to smoothly get answers from people. The leather jacket he wore made it even more so.

One thing that was hard to take seriously in the film was Robin Williams as a bad guy. This is unheard of in my world of movies,

but he does a great job. I didn't expect Williams to be an antagonist, and no one in the movie expected a local author to be a suspect. The way Williams portrayed his sneaky, blackmailing character would make anyone rethink what they'd do in a similar situation.

I'm a Hilary Swank fan and her performance in this movie did not disappoint. However, she's no Maggie ("Million Dollar Baby") in this film. She begins this film as a giddy school girl when Domer arrives in Alaska. She wrote a research paper about him in school. Though as the story unfolds, we come to learn she's a bit secretive.

Nolan picked a perfect place to film the movie. I've been to Alaska and have personally experienced the 24-hour daylight. So I can relate to how Domer feels.

This was a good movie, and I know most people have yet to see it. That's why I'd recommend it to fans of Pacino, Williams or Swank, or just a fan of a good cop movie.

Book review: 'The Ugly American'

Cpl Chadwick deBree

Combat Correspondent

Recently, "The Ugly American" by William J. Lederer and Eugene Burdick, was recommended to me, and it happens to be on the Marine Corps Reading List. When I heard about the novel, I was told it was a good and would make me think about United States' foreign policy. That, however, was only the begin-

I knew I was in for a treat as I began to read the book's first story. The novel was written in 1958 as a fictional piece and begins with Louis Sears, the American Ambassador to Sarkhan, a Southeast Asian country. Shortly after becoming ambassador,

Sears is ridiculed by local communist run newspapers about his role in Sarkhan. He's displeased with the political comics mocking him and wants it to stop.

Lederer and Burdick dive into the differences between foreign policy in democratic countries and communist countries during this time in Southeast Asia.

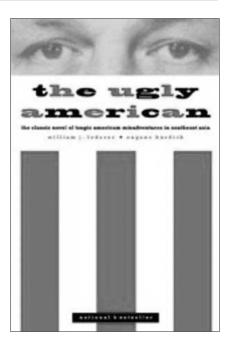
After describing Sears' role as an ambassador, the authors delve into how the Russians handled ambassador appointments. They describe how Louis Krupitzyn, Russian ambassador to Sarkhan, spent two years studying the culture and region while becoming fluent in the native

From there, the novel branches off

into several stories about characters from different view points on how to deal with the country and stop communism in the region. From the political and business standpoint to the religious and missionary view, the authors describe how each person saw a different way to win the hearts and minds of the Sarkhanese.

"...(where) our foreign policy is humane and reasonable, it will be successful. To the extent it is imperialistic and grandiose, it will fail," said the second ambassador to Sarkahn, Harrison MacWhite, on how to win the hearts of the Sarkhanese and keep communism at

readers insight on how things were how the U.S. would assign someone



This is a great read because it gives handled during the 1950s. It depicts

to a country they knew nothing about, not getting to know the community or culture around them and how communist would distort the truth in order to gain more followers, as given historical facts at the end of the book.

Lederer and Burdick did a great job going from one character to another and tying the different stories together, giving readers each viewpoint. The reader will latch onto the book because of its Quentin Tarantino style prose.

The main idea of the story is that the little things we do must be moral acts, done in the real interest of the people whose friendship we need and not just in the interest of propaganda, and this still holds true today.

This is a great read and I recommend it to any reader who likes his-

lead to trouble

Steven Kalnasy Safety Specialist

The sign reads, "DANGER: Haiku Stairs are not maintained. It is unsafe to climb and you do so at your own risk." The message greets climbers in large bright red and black letters at Oahu's Stairway to Heaven (otherwise known as the Haiku Stairs or Haiku Ladder).

The message is a poignant warning meant to deter potential lawbreakers from climbing the 3,922 creaky, rotting stairs leading to the top of the Koolau Mountain Range on the island's

The U.S. Navy built the site in 1942 for a Variable Focal Length antenna and added wooden steps to haul communication equipment into place. In 1955 they installed a metal ladder for better access to the antenna. After the antenna's decommission in 1957, the stairs were left to deteriorate.

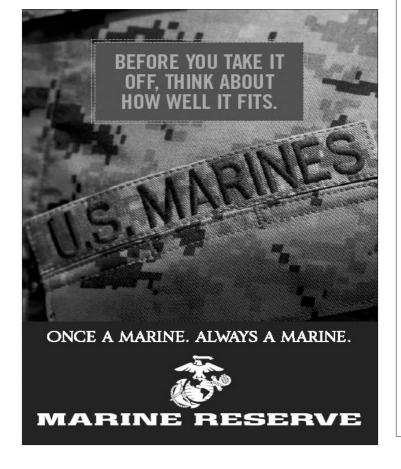
Briefly resurrected in 1971 by the U.S. Coast Guard, the Haiku ladder was eventually abandoned again. In the late 1980s the area closed due to vandalism and the high cost of repairs.

The stairway continues to be a popular tourist site and constantly remains on the minds of military and civilian leaders alike due to the high potential for danger in the off-limits hik-

While city, county and state officials debate over who should repair and maintain the controversial tourist site, Col. Mark A. Dungan, commanding officer, Marine Corps Base Hawaii, placed the popular attraction off limits to Marines and Sailors.

The Commander's policy protects MCBH personnel from the well-documented hazards. As with all base orders or directives, Marines and Sailors here must obey the ban.

Hiking is one of Hawaii's most popular recreational endeavors, and many of the Marines, Sailors and family members regularly take part in those activities, but hiking to, and climbing the "Stairway to Heaven" is strictly prohibited.



'Stairway' may Go front row at Blues on the Bay

Marine Corps Community Services

The U.S. Navy's finest, the Blue Angels, are returning to Marine Corps Base Hawaii to perform at the "Blues on the Bay" Marine Corps-Navy Airshow, scheduled for Oct. 13 and 14.

The Blues on the Bay airshow is open to the general public, and although general admission is free, "Preferred Seating" is now available.

Presale "Preferred Seating" tickets for grandstands, box seat and chalets are obtainable at all Ticketmaster locations and at the Information, Tickets and Tours Office here and at other military installations. Depending on availability, tickets will be available at the Blues on the Bay airshow the day of the event at the Box

Six grandstands will ensure you rise above the crowds and get a clear view of the aerobatic action. Grandstand seating is ideal for small groups, families or individuals looking for a secure seat through-

Get as close to the action as possible

with your own box seat. Located front and center to the flightline, box seats offer "show center" viewing of all performances. Both individual and group tickets are currently available for box seating.

Get the royal treatment with one of Marine Corps Community Services' Chalet packages. The Top Brass Chalet includes: unobstructed VIP runway shaded seating, reserved parking, breakfast, a bistro lunch, snacks, unlimited beverages. safety ear plugs, a Blues on the Bay on B-4. Commemorative Coin, hat and souvenir program.

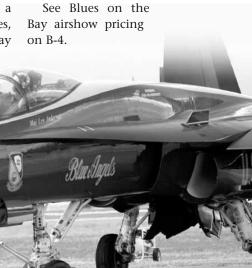
The Devil Dog Chalet

Package Includes: VIP runway shaded seating, reserved parking, a Bistro Lunch, unlimited nonalcoholic beverages, safety ear

and souvenir program. Blues on the Bay is hosted by U.S. Marine Corps Forces, Pacific and MCBH with support from MCCS. Proceeds from

Blues on the Bay Commemorative Coin

the event will directly contribute to improving the quality of life for the Marines, Sailors and their family members stationed here.



Discrimination is the enemy

plugs,



Master Gunnery Sgt. Russell Whitney, equal opportunity advisor, G-1, speaks Aug. 8 with dozens of Marine Corps officers about harassment. The Marines discussed strategies at the Base Chapel to combat discrimination using the results of a survey sent to more than 40,000 randomly selected Marines.

-Word to Pass-

L.I.N.K.S. Session at Marine Corps Family Team **Building**

All Marine and Navy spouses are welcome to attend L.I.N.K.S. training Tuesday and Wednesday. The L.I.N.K.S. program welcomes spouses to the unique, sometimes challenging and very rewarding military lifestyle.

For more information, contact Shelley Smith at 257-2158.

Books and Cookies with Wally 'Famous' Amos

Enjoy fun stories and yummy cookies with this entertaining storyteller at the Base Library Wednesday from 3 to 3:45 p.m. The event is open to all military families, sponsored guests and DoD employees.

For more information, contact Merri Fernandez at 257-7624.

Federal Application Workshop

A workshop will be held Wednesday in the combat camera building, classroom 2, from 9 to 11 a.m. to instruct those applying for federal employment. Those interested must call for reservation.

For more information, contact Marine and Family Services at 257-7790.

Right-Hand Man Night at the Officers' Club

Officers' Club members can bring their right-hand men and women to the club Thursday for pupus and camaraderie from 4:30 to 6:30 p.m.

For more information, contact Don Figueira at 254-7650.

GED Exam

An official General Education Development Exam will be held Thursday and Friday in the Joint Education Center, classroom A, at 7:30 a.m. The test is open to any active duty, reservist, family members and Department of Defense

For more information, contact Maria Fullenwider at 257-2158.

Operation Homefront Pool Party

Join in the fun with games, demonstrations and refreshments at Operation Homefront's pool party at K-Bay's main pool Saturday from noon to 3 p.m. The Family Readiness Officer is distributing tickets for the event, open to families with a deployed sponsor.

For more information, contact Dino Leonard at 254-

7655 or Master Sgt. Velazquez at 257-2087.

Key Volunteer Training

The Key Volunteers will hold training for interested spouses Aug. 28 to 30 from 8:30 a.m. to 12:30 p.m. in the Marine Corps Family Team Building office. Graduation will take place Aug. 30 at 12:30.

For more information, contact Angela Freitag at 257-

Armed Forces Classification Test

An opportunity to re-take the ASVAB, to earn higher scores for advancement, will be held at the Joint Education Center Aug. 29 at 7:30 a.m.

For more information, contact Maria Fullenwider at 257-2410.

The Blue Angels to perform

The Blue Angels will perform here at the 2007 Kaneohe Marine Corps-Navy Air Show "Blues on the Bay," Oct. 13 and 14. The U.S. Navy's Blue Angels Flight Demonstration Squadron, established in 1946, will perform with other military and civilian aviation acts. Service members and their dependants can enjoy an early show happening "Military Day," Oct. 12 with I.D.

For more information, call 371-2804.

DivorceCare

Seminars and support groups are led by people who understand what you are going through and want to help. You'll gain access to valuable DivorceCare resources to help.

The meeting will be held Thursday evening from 6:30 to 8:30 p.m. at First Presbyterian Church at Koolau, 45-550 Kionaole, Kaneohe. Childcare provided with advance noti-

For more information, call 532-1111.

University of Oklahoma Courses

The University of Oklahoma is now accepting applications and registration for the Summer term. OU is proud to offer a Master of Arts in Managerial Economics on

For more information, contact OU at 449-6364 or aphickam@ou.edu or visit www.goou.ou.edu.

Counterintelligence/Human Intelligence MOS

The Counterintelligence/Human Intelligence MOS is accepting applications for lateral moves from qualified corporals and sergeants from any MOS.

For more information, contact Master Sgt. Alan J. Taylor

at 477-8447.

MARINE MAKEPONO

HAWAIIAN FOR "MARINE BARGAINS"

AUTOS

2005 BMW 330CIC convertible. 16,000 miles, tan/sanora, tan leather interior, excellent condition, full warranty until 2009, premium package, navigation, xenon lights, \$39,950. Call 257-8835.

MISCELLANEOUS

Queen pine bedroom set. Five matching pieces including boxspring and pillowtop mattress, two nightstands and armoire. \$800 or best offer. Call (760) 212-0262.

Ads are accepted from active duty and retired military personnel, their family members and MCB Hawaii civil service employees.

Ads are free and will appear in two issues of Hawaii Marine, on a space-available basis.

Makepono may be used only for noncommercial classified ads containing items of personal property.

Those interested in advertising must bring a valid DoD-issued ID to the Hawaii Marine Office.

Forms may be filled out Monday through Friday between 7:30 a.m. and 4:30 p.m. at the MCB Hawaii Public Affairs Office located in Building 216, room 19, aboard Marine Corps Base, Kaneohe Bay.

LIBERTY BUS SCHEDULE

The following is the schedule for Marine Corps Base Hawaii's Liberty Bus, which makes trips from MCBH, Kaneohe Bay to Waikiki and back every Friday and Saturday. This shuttle service is free and offered to active duty service members only with ID.

Pickup

Marine Corps Exchange and

Enlisted Club

Pickup Hale Koa Hotel

Drop Off

Hale Koa Hotel parking structure*

Drop Off

Marine Corps Exchange

Annex and Enlisted Club

6:35 p.m. 9:25 p.m. 1:25 a.m.

Pickup Times

Pickup Times

7:50 p.m. Midnight 3 a.m.

*The pickup location in Waikiki is located across the street from the Hale Koa Hotel near the vehicle entrance to the parking structure.



"Preferred Seating" Ticket Pricing

GRANDSTAND

Ticket Prices Adult(11yrs & up) Child (3yrs – 10 yrs)

Adult (11Years old and up)

Child (3-10 Years old)

Advance (Now - Oct. 13) \$8.00 \$5.00

On-Site (Oct. 13 - 14) \$10.00

On-Site

\$80.00

\$60.00

On-Site

(Oct. 13 - 14)

\$ 7.00

BOX SEATS

Advance (Now - Oct. 13) \$15.00 \$11.00

On-Site (Oct. 13 - 14) \$20.00

Advance

\$80.00

\$60.00

Advance

(Oct. 1 - 12)

\$13.00

CHALETS

Ticket Prices

Top Brass Chalet Ticket Prices

Adult(11yrs & up) Child (3yrs – 10 yrs)

Devil Dog Chalet

Adult(11yrs & up)

Child (3yrs – 10 yrs)

Ticket Prices

\$50.00

\$35.00

\$70.00

Advance

Advance

(Now - Sep. 30) \$45.00

(Now - Sep. 30)

(Oct. 1 - 12) \$55.00

(Oct. 13 - 14) \$55.00 \$45.00

*Every seat requires a ticket. Children's prices apply to children ages 3 to 11; children ages 2 and under are FREE if sitting in adult's lap. Stroller parking is available in a designated area behind the grandstands. Strollers and baby carriers are not permitted in the grandstand seating area.

Oct. 12 is military day where service members and their families can enjoy a sneak peek at the aircraft and the full airshow performance.

ON THE MENU AT ANDERSON HALL

Lunch

Roast turkey

Lemon baked fish fillets

Baked macaroni & cheese Garlic roasted potato wedges

Mixed vegetables

Lyonnaise carrots Cream gravy

Peach pie

Chocolate chip cookies Spice cake w/lemon butter cream

Vanilla/chocolate cream pudding Lemon/orange gelatin Specialty bar: Deli bar

Dinner

Chili conquistador Chicken cacciatore

Burritos Refried beans

Spanish rice

Simmered corn Green beans

Taco sauce Desserts: Same as lunch

Saturday Dinner

Chicken cordon bleu

Cream gravy Pecan pie

Mashed potatoes Boiled egg noodles Simmered broccoli Polonaise Simmered succotash Chicken gravy Boston cream pie

Shortbread cookies Yellow cake w/butter cream frosting Vanilla/chocolate cream pudding

Sunday Dinner

Oven roast Honey glazed Cornish hens

Lemon/raspberry gelatin

Rice pilaf Savory bread dressing

Asparagus w/hollandaise sauce

Simmered squash Creole Brown gravy Pumpkin pie Oatmeal cookies

Devil's food cake Vanilla/chocolate cream pudding

Strawberry/lime gelatin

Baked macaroni & cheese

Monday

Lunch Beef stew Baked fish fillets

Wild rice French fried okra Buttered corn

> Chewy nut bars Spice cake w/butter cream frosting

> Vanilla/chocolate cream pudding Lemon/strawberry gelatin Specialty bar: Pasta bar

Potato chowder soup

Beef noodle soup

Veal parmesan Braised pork chops, bone in

O'brien potatoes Spaghetti

Marinara sauce

Mixed vegetables

Peas w/onions Mushroom gravy

Desserts: same as lunch

Tuesday Lunch

Barbeque chicken Battered fish portions Steak fries

Simmered corn Simmered asparagus Chicken gravy

Sweet potato pie Double chocolate chip cookies

Yellow cake w/chocolate chip frosting

Vanilla/chocolate cream pudding Cherry/orange gelatin Specialty bar: Taco bar

Dinner Turkey ala king

Salisbury steak Parsley buttered potatoes

Glazed carrots Club spinach Brown gravy

Desserts: Same as lunch

Wednesday

Lunch Chili macaroni Roast turkey Grilled cheese sandwich Mashed potatoes

Simmered pinto beans

Simmered mixed vegetables

Turkey gravy Cheesecake w/cherry topping

Peanut butter cookies Peanut butter cake w/peanut butter

frosting Vanilla/chocolate cream pudding

Lemon/raspberry gelatin Specialty bar: Hot dog & sausage bar

Meat loaf Pork ham roast Mashed potatoes

Tossed green rice Cauliflower combo Broccoli w/cheese sauce

Brown gravy w/mushrooms

Desserts: Same as lunch

Thursday Lunch

Swiss steak w/brown gravy Chicken Parmesan

Rice pilaf Oven browned potatoes

Corn on the cob Simmered peas & carrots

Brown gravy Blueberry pie

Brownies White cake w/lemon cream frosting Vanilla/chocolate cream pudding

Specialty bar: Country bar Beef Yakisoba Sweet & sour pork

Lime/cherry gelatin

Shrimp fried rice Steamed rice Simmered broccoli

Fried Cabbage w/bacon

Chicken gravy

Desserts: Same as lunch

Flier fueled by freedom of flight

Christine Cabalo

Photojournalist

It's been a good vacation for Jill Long she's exhausted from flying. She doesn't take the passenger's seat, Long pilots the plane.

She'll take to the sky at this year's Blues on the Bay 2007 airshow in October. The airshow is open to the public Oct 13 and 14. However, there will be a performance Oct. 12 for service members and their

The aerobatic flier and Air Force pilot performs during her vacations from being a pilot instructor at Shepard Air Force Base in Wichita Falls, Texas.

Long said seeing the U.S. Air Force Thunderbirds at the first airshow she attended ignited her interest in becoming a pilot. As a 6-year old, she said she was amazed at their technical ability and how friendly the pilots were after the show. The airmen encouraged her to think about an aviation career.

"I think there was even more of an influence from my mom," the Texas pilot said. "Another little boy in line to see the Thunderbirds said I couldn't be a pilot because I was a girl. My mother immediately said back to him, 'Don't you dare say that. She can do anything she wants!""

After joining the Air Force, Long's colleagues nicknamed her "Raggz" because her hair reminded them of Raggedy Ann. Breaking from the doll stereotype, the pilot flew an A-10 Thunderbolt in combat missions during her deployment to Afghanistan. She sent out newsletters to her loved ones entitled, "Life on the Ragged Edge," during the six-month period. Having trained for combat, she said the experience was fulfilling professionally despite living in makeshift "plywood palaces."

tions, and Long said she's taken that confidence into her airshow performances. Naming her Pitts S2B biplane, "Ragged Edge," she began learning aerobatic maneuvering from retired Air Force Col. Ralph Ridell.

Ridell, who will assist her during the airshow, swore in the pilot instructor as a second lieutenant. He also gave Long away when she married because her biological father passed away. Her husband, Chuck, serves as crew chief.

"She's aggressive at flying," Riddell said. "When I first started instructing her, I told her we'd have to work on competitive aerobatics, or I wouldn't work with her. There's a discipline to flying it, and it keeps you alive in airshows. She's gotten to where she is because she didn't take no for an answer."

Long said she's continually pushing herself in her growth as a pilot. She teaches her student pilots not to be like Harry Potter character Dobby, beating themselves over mistakes. She's mentored her students

avoiding the "Dobby Syndrome" by setting a composed example during her air-

shows.

"Her performance is very inspiring to the crowd," Chuck said. "We're trying to convey to others to follow the passion of their dreams. If we touch one or two lives, the world is a better place."

With training from aerobatic pilot Patty Wagstaff, Long Her confidence in making said she's eager to show want more." good flying decisions has Hawaii audiences the "Patty grown from "spinning" with Push," named in honor of the show, log on to: other pilots in combat condi- Wagstaff. Long said her col- http://www.bluesonthebay.org



Photo Courtesy of Jill Long

Jill Long and

Andrews Air Force Base in Washington, D.C., give her the

thumbs up. The aerobatic pilot said she loves appearing in airshows because

she has a chance

to speak with stu-

becoming a pilot.

Long will perform

in the October 2007 Blues on

the Bay airshow

on Marine Corps

Base Hawaii,

Kaneohe Bay.

dents about

spectators from a May 2007 performance in the **Joint Service** Open House at

league gave her the final push to do the tricky maneuver. For the move, Long inverts her plane to wave at the audience then pulls her plane up into a difficult 60-degree climb to push off the ground.

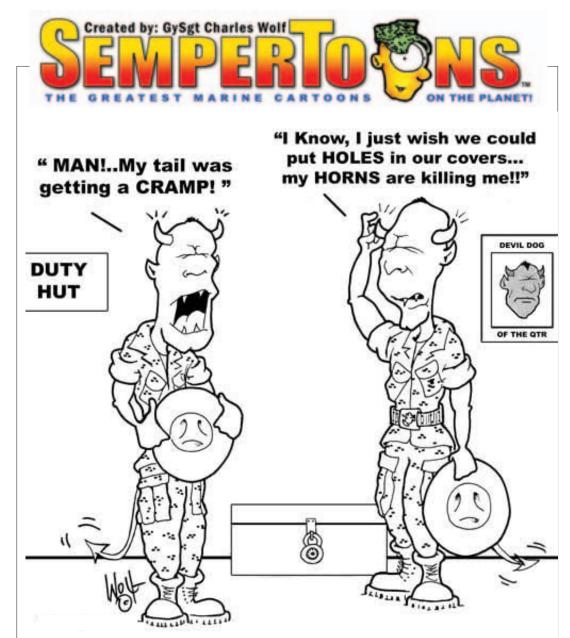
"It's so great to see another woman in the airshow industry taking it seriously," Wagstaff said. "I've done airshows in the past where they allowed just one woman in the show. Some wouldn't

care even if the female performers had different routines, but luckily that was a long time ago. People look more at your act now."

Long said she encourages children to follow their dreams, and she spends additional time with them after each show. The pilot said one of the questions they ask most of her is why she enjoys flying. The aviatrix said flying reminds her of the feeling of freedom in the water while she's scuba diving or surfing.

"The more skill you have the more freedom you have," Long said. "I love it, and once you get a taste of it you just

For more information about



-AROUND THE CORPS

Command post exercise draws to a close

Sgt. G.S. Thomas

U.S. Marine Corps Forces, Pacific

ULAANBAATAR, Mongolia— Approximately 120 officers

from 19 countries bid adieu to each other and the command post exercise, which brought them together here.

The training evolution simulated establishing a United Nations force headquarters in a deployed location in response to a regional peace operation and included both classroom-type briefings as well as practical application.

Exercise participants conducted an after-action review to look back at the lessons learned as well as provide feedback for future training.

"Obviously, the problem we've got here is every [non-commissioned officer's] night-mare," said Maj. Lee Smart, British Army's assistant military attaché and the assistant watch keeper for exercise Khaan Quest 07. "Any NCO in any army in the world would panic at the thought of 100 officers conducting a plan completely unsupervised by NCOs!"

Though Smart joked, he was but one of many officers who offered up valid points, both good and bad, on how the exercise went.

One participant spoke of having five "bosses" to answer to while another touched on the dreaded e-mail leadership. But Smart points out, "We have done all this unsuper-

vised without the assistance of the people we would normally have around to help us."

Robert N. Sweeney, Global Peace Operations Initiative program manager for the U. S. Pacific Command, acknowledged the challenges inherent in an exercise of this magnitude.

"In a training environment where you pull 19 nations together and try to make it happen, it's extremely difficult, because everyone comes from a different environment, a different planning process," he said.

The chief of staff at the exercise had a unique view to see those differences.

"If I was running the command post exercise in the Mongolian way," said Col. Bayarsaikhan Dashdoudog, the Mongolian Armed Forces chief of staff at the exercise, "it would be very easy to [just] give an order. In an international environment, it is very different."

All in all, the exercise was deemed a success for the individual participants, their native countries and peacekeeping as a whole.



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Approximately 120 officers conducted an after-action review at the conclusion of a command post exercise Friday. The CPX was part of exercise Khaan Quest 07 and brought officers from 19 countries together in a simulated United Nations force headquarters, which aimed to improve Global Peace Operation's, Initiative Peace Support Operation's core competencies, enhance multinational interoperability, enhance military-to-military relationships and improve teamwork and multinational cooperation.



When you lose someone dear to you — or when a special person has a birthday, quits smoking, or has some other occasion to celebrate — memorial gifts or tribute gifts made for them to your Lung Association help prevent lung disease and improve the care of those suffering from it.

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